

Labyrinth

Take a shell with you

*Walk to the centre of the
labyrinth, laying down
your burdens as you walk*

*In the centre, pause to
thank God for taking your
burdens on himself.*

Leave your shell

*Then count your blessings
and give thanks on the
journey to the exit.*

Prayer

*Lord God, we are pilgrims
On the Way seeking your
guidance and wisdom*

Scripture

1 Peter 5:7

*⁷ Cast all your anxiety on
him because he cares for
you.*